I've contracted manflu. I did it for the cause.

Vicky Mochama, metroVIEWS

CANADA'S PREHISTORIC POTATOES
metroNEWS

Toronto metro

Your essential daily news | THURSDAY, JANUARY 5, 2017 | High -6°C/Low -11°C Sun and cloud

TORONTO'S DEADLY STREETS

A saving *Grace*

Pedestrians feel unsafe crossing in the Entertainment District — but Grace Ki's coming to their rescue

metroNEWS

EDUARDO LIMA/METRO

Sentence for road death a wake-up call

CYCLING SAFETY

Victim's friend says lengthy jail term has inspired hope

May Warren
Metro | Toronto

Road-safety advocates hope a lengthy jail sentence handed down to a driver who killed a cyclist in North York will send "a strong message" to drunk and careless motorists.

Darya Selinevich was given a seven-year jail term — reduced to four-and-a-half for time already spent — on Wednesday for killing 44-year-old Zhi Yong Kang in June 2015.

Selinevich, 23, was drunk and speeding when she crashed her BMW into Kang on Finch Avenue W. Her licence was suspended at the time due to a previous impaired-driving charge.

Darya Selinevich was drunk when she hit the cyclist.

Kang's friend, Yu Li, is one of the founders of Friends and Families for Safe Streets.

Li remembers his friend as a "quiet man" whose life was "cut short by a very negligent driver."

While Selinevich's case resulted in a criminal conviction, Li said the legal system is often too lenient on drivers who kill pedestrians and cyclists.

"There are a lot more cases where drunk driving is not involved … and they very likely get barely a slap on the wrist," he said. In cases where a driver is not drunk and doesn't flee, they will often receive a fine of $1,000 or less for killing someone.

WITH FILES FROM TORSTAR NEWS SERVICE

IMMIGRATION

A LOUDER VOICE FOR NEWCOMERS

Recruiting begins for a coalition to lobby the city

CITY HALL

COUNCILLORS PLAYING HOOKY

Which politician had the worst attendance in 2016

HEALTH

CALORIE COUNTS AT RESTAURANTS

Why advocates say they aren't good for everyone

POLICE CARS BARRIE'S BLACK-AND-WHITES COME OUT ON TOP

They might not be pricey convertibles tricked out with flashy rims, custom seats or sleek tail pipes, but Barrie's police cars are the most beautiful.

That's according to policing publication Blue Line Magazine, which honoured the Barrie Police with its annual award for "the best dressed" cruiser in Canada.

"We have residents pull up to us and say they like the look of the car," said police spokesperson Sarah Bamford, who said Barrie officers are thrilled by the news. "We have even received a lot of compliments from other services on it."

And what about Toronto's white Ford Crown Victorias and their controversial grey counterparts?

The magazine confirmed the force had no chance; it didn't even enter the competition. TARA DESCHAMPS/ FOR METRO; PHOTO CONTRIBUTED

Mammoliti, MIA councillor

CITY HALL

Ward 7 rep missed nearly 40% of votes

Coun. Ron Moeser and recent thorn-in-Mayor-John-Tory's-side Coun. Giorgio Mammoliti were the most absent from their council seats in 2016.

Torstar News Service analyzed voting records for city council — the one meeting where all 45 members are required to attend — to determine how often Tory and councillors were absent.

"I am there for all the important votes and to make sure that the interests of my community are protected," Mammoliti (Ward 7 York West) wrote in an email. "Spending never-ending hours listening to endless rants from councillors pushing a socialist downtown pet project agenda on a dysfunctional council is indeed a Herculean task."

Apart from Moeser, who was diagnosed with cancer in March, Mammoliti was missing in action more often than his colleagues — absent for 38.8 per cent of the votes. That was a slight improvement over his 2015 attendance when he missed 40.8 per cent of the votes.

Mammoliti missed two important votes on the rehabilitation of the Gardiner in March and December, despite his recent vocal concerns over the possibility of tolling the expressway and stated change of heart over the decision to rebuild the eastern section.

The only other councillor to miss more votes than Giorgio Mammoliti, centre, was Coun. Ron Moeser, who was diagnosed with cancer in March. TORSTAR NEWS SERVICE FILE

He also missed votes on the city's transit network plan, poverty reduction strategy and affordable housing. He did not respond to a followup question on whether he considered those votes important.

14.6%

City council's average for missed votes in 2017.

Mammoliti appears to have been absent for the entire first, two-day session of council in February, missed a special meeting on contract negotiations with city workers later that month, missed most of a three-day meeting in March, most of a day in July, and other votes during meetings he otherwise was present for.

The councillor's phone bills, filed publicly with his office expenses, show he was travelling internationally during the first meeting in February.

Council members were asked to push their red or green buttons for recorded votes 1,118 times in 2016. Those votes do not include quick votes that are done more informally using a show of hands. The council average for missed votes was 14.6 per cent and the median councillor (23rd place) missed 13.2 per cent of the votes. TORSTAR NEWS SERVICE

TORONTO MOBILE VETERINARY SERVICES
Follow Dr. Tina on YouTube
Professional & friendly veterinary care all in the comfort of your own home!! We provide general, emergency and procedural services and much more!!
Open after-hours, weekends and holidays.
Call 647.389.4VET (4838) OR visit www.tomobilevet.com for an appointment TODAY!!

You are Invited
GRAND OPENING
On Friday 06 Jan, 2017 at 09:00 am
Join us For Grand Opening of
Hear Maxx
Ultimate Hearing Solutions
SPECIALS
- Free no obligation hearing test
- Hearing aids start as low as $399/each*
- Free batteries for existing users when they join the battery club
- Complimentary cleaning for existing users
- 3 Years care free all in one service plan with every hearing aid puchase*
*certain conditions apply, please see Hearing Center for details
861A Jane St. Toronto, ON. M6N4C
tel: 416 792-8792 fax: 416 792-5792
email: info@hearmaxx.ca
hearmaxx.ca

DOWNLOAD METRO'S NEW APP NOW
OFFLINE READING
•LOCAL NEWS • VIEWS
•LIFE • SPORTS
>>>

metro NEWS
Your essential daily news

Computers may soon be making immigration decisions. **Canada**

Newcomers' voices sought at city hall

REPRESENTATION

Grassroots council of New Canadians to speak on issues

Gilbert Ngabo
Metro | Toronto

A Syrian refugee family arrives at Pearson airport in December 2015. A new initiative in Toronto is looking to create a newcomer council. TORSTAR NEWS SERVICE FILE

Newcomers in Toronto will soon have a louder voice at city hall.

Members of the Local Immigration Partnership are recruiting civic-minded immigrants from across the city to join the Toronto Newcomer Council — a grassroots platform that aims to give newcomers better representation at decision-making levels.

"What we've found is that it's really important for the newcomer communities to have a voice in the planning of services," said Irmtraud Hutfless, project manager at Catholic Crosscultural Services, a settlement agency in Scarborough.

"We want to see them involved in influencing programs that are designed to help other newcomers, because they understand the issues better than anyone else."

The council will be made up of approximately 40 people from different backgrounds and different communities of Toronto.

A particular focus will be paid to women, youth, the elderly and other underserved groups.

Group members will receive training on how the municipal government works and what's expected of them, before the council starts up this summer.

Hutfless said giving newcomers an exclusive platform will help Toronto better serve its growing immigrant population.

"We often hear immigrants say, 'I don't think I can tell the city how they should do things,'" she said.

"But that's exactly what the city wants, and the council will be the perfect place for such opportunities."

Spencer Destun, wife Holly and son Krystofer run the last surviving Sam the Record Man . TORSTAR NEWS SERVICE FILE

HERITAGE

Give last Sam special designation: Petition

Tara Deschamps
For Metro | Toronto

It's not unusual for shoppers at Belleville's Quinte Mall to stop in their tracks when they spot Spencer Destun's store.

After Sam the Record Man shut the doors to its famed Yonge Street location years ago, most people assumed the business was dead, but now a petition launched by Destun is attempting to make sure people know its last surviving location is still around, just two hours east of Toronto.

> We are always in a hurry to put the past behind us.
> Spencer Destun

The petition, signed by hundreds of people in store and dozens online, asks for the store to be given a tourist attraction designation, with a province-issued sign along the highway.

An application Destun filed with the Ministry of Tourism, Culture and Sport was denied because the location didn't fit the typical criteria.

"We started a petition to get them to change their mind. It is smart to make an exception sometimes," said Destun, who bought the franchise with his wife and son in 1979.

The store, he said, is an important cultural institution because at one time the company was the largest music retailer in Canada and his location is the one of the last remnants of a business that aided the careers of hitmakers like The Guess Who, Joni Mitchell and Gordon Lightfoot.

"We are always in a hurry to put the past behind us and when we get a chance to save something historical and engrained in our culture, we should do everything in our power to support that," he said.

"People will appreciate what we leave behind for future generations."

2 DAYS ONLY!
OWN YOUR OWN BUSINESS!
JANUARY 7 & 8 - METRO TORONTO CONVENTION CENTRE
Canada's Largest Business Ownership Event!
Meet all the hottest businesses looking for new owners, plus FREE seminars
Saturday & Sunday 11 am-5 pm
$10 at the door - $8 online
Seminar Room Presented by: Williams Fresh Cafe
The Franchise Expo
GET YOUR TICKETS!
TorontoFranchiseExpo.com

She's walking the walk

ADVOCACY

Pedestrian safety concern of condo VP

Luke Simcoe
Metro | Toronto

Grace Ki wants more pedestrian crosswalks in the Entertainment District. EDUARDO LIMA/METRO

Like her neighbours in Toronto's bustling Entertainment District, Grace Ki likes to walk.

She just wishes she could do so safely.

"There's thousands of people using these streets every day," the 26-year-old says. "You don't feel safe when cars are screeching to a stop, or if they're not respecting the crosswalks — or worse, when there's no crosswalk to respect."

As the vice-president of her condo board, Ki is working with the city to improve pedestrian safety in her neighbourhood. Thousands of residents have moved in to the Entertainment District in recent years, and she thinks it's time for the roads to catch up.

"When people are crossing mid-block or jaywalking, it doesn't mean they're breaking the law, it means the infrastructure hasn't developed to reflect usage," she said.

Ki believes the neighbourhood needs more pedestrian crosswalks. In particular, she's pushing for a crossing to be installed at Richmond and Simcoe streets.

"Even with the fully signalized crossing at University, people are still crossing at Simcoe," she said. "But there's no zebra crossing, no crossover, nothing."

Ki has recently recruited Coun. Joe Cressy to the cause. The Ward 20 councillor represents the Entertainment District and says the area needs "streets designed for the people who live there, not just cars flying through."

The city has identified Richmond and Adelaide streets as pedestrian-priority corridors under the new road safety plan. The speeds have been lowered to 40 km/h on both streets; Cressy said the city is looking to "expedite" the installation of a traffic light at Richmond and Simcoe.

"If streets are about moving people and moving people safely, you need to look at them as a grid," Cressy said. "So, if there's a fault in the grid, you identify it and fix it."

PROVINCIAL POLITICS

Calorie mandate upsets some diners

May Warren
Metro | Toronto

When Ryann Girard began to recover from the eating disorder she'd lived with for 10 years she made a "conscious choice" not to look up the amount of calories in her food.

But now that choice will be harder to make.

A new Ontario law called the Healthy Menu Choices Act came into effect Jan. 1, requiring restaurants with over 20 locations to post calorie counts on their menus.

> **I don't think that the body is a math equation.**
> Ryann Girard

Advocates worry the change will make life more difficult for those with eating disorders such as bulimia and anorexia.

"I can definitely see how it would have a detrimental impact if it's kind of in your face all the time and there's no getting away from it," Girard said.

Andrea LaMarre, a PhD student at the University of Guelph who studies eating disorders started a petition to repeal the act after hearing from concerned eating disorder advocates.

More than 500 people have signed the petition to date.

"For a lot of people with eating disorders they might fixate on a number that they can't exceed in a particular day," LaMarre told Metro.

"Then they see that number associated with a cupcake and suddenly that cupcake isn't just a cupcake anymore," she said.

LaMarre said the evidence that calorie counts on menus lead to healthier dining choices is "very, very weak."

In an email to Metro, Ontario Ministry of Health spokesman David Jensen said the mandatory calorie counts were recommended by an expert panel as part of a solution to childhood obesity. Jensen said scientific studies have shown menu labelling reduces the calories people consume.

WE NEED MALES & FEMALES

Are you a healthy, non-smoking,

MALE OR FEMALE

18 AND OVER?

- Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

- We conduct weekdays as well as weekend studies.
- Compensation may range from **$1,000** to **$4,000** depending on the length of the study.

BioPharma SERVICES INC.
Research. Results. Reliability.

CALL: 416-747-5246 Toll Free: 1-866-747-5246
Mon-Fri: 8a m-6pm, Sat-Sun: 10am-6pm
4000 Weston Road, Toronto | www.biopharmaservices.com

CHINA SMOG SO THICK YOU CAN BARELY SEE A woman uses a scarf for protection against air pollution on a pedestrian bridge in central China's Anhui province. The province was blanketed by severe smog on Tuesday. THE ASSOCIATED PRESS

VIDEO ON THE METRO APP

Istanbul on high alert as manhunt continues

Police increased security around Istanbul on Wednesday and detained some 20 people with suspected links to the deadly New Year's Eve night club attack as the hunt for the gunman stretched into a fourth day.

Turkish Foreign Minister Mevlut Cavusoglu said the gunman — who killed 39 people during New Year's celebrations at the Reina club before reportedly escaping in a taxi — had been identified, but did not name him.

Police set up checkpoints across Istanbul as security levels remained high. They stopped cars and taxis, with passengers and drivers holding up their identifications while officers inspected the vehicles.

The city has been on edge since the attack on the upscale club popular with local celebrities, and on Wednesday residents beat up a man said to resemble the wanted gunman before handing him over to police, the Dogan news agency reported.

Some 20 people, including 11 women, were taken into custody in police raids in the Aegean port city of Izmir, the state-run Anadolu agency said.

The suspects, from the largely Muslim Russian republic of Dagestan, as well as members of China's Muslim Uighur minority and from Syria, were believed to have lived with the gunman in an alleged Daesh cell house in the central Turkish city of Konya, the agency reported.

Daesh has claimed responsibility for the attack, saying it was in reprisal for Turkish military operations against Daesh in northern Syria. THE ASSOCIATED PRESS

Turkish security forces patrol near the Reina nightclub on Wednesday. THE ASSOCIATED PRESS

Man faces jail for helping migrants

FRANCE

Farmer could get up to five years in prison

Cedric Herrou AFP/GETTY IMAGES

A French activist farmer facing potential prison time defended his aid to illegal African migrants in court Wednesday, calling it an act of humanity and not a crime.

"Helping someone is not an offence!" read a placard at a protest in support of farmer Cedric Herrou outside the courthouse where he went on trial Wednesday.

The case has called attention to those who have resisted Europe's anti-migrant sentiment and are offering food, lodging or other aid to people from impoverished or war-torn countries coming to Europe illegally. There has notably been an outpouring of support in the Roya valley in the Alps year.

Herrou went on trial charged with helping illegal migrants enter France, travel in France and stay in France. His lawyer Zia Oloumy pleaded for acquittal, insisting a crime hasn't been proven. The court could sentence him to up to five years in prison and 30,000 euros in fines if a guilty verdict is delivered Feb. 10.

Herrou says he is doing his civic duty and will keep helping the migrants, who are mainly from Eritrea and Sudan.

"The law is against me, against actions to help people in need, so we have to change the laws," he said. THE ASSOCIATED PRESS

A pot-luck style inauguration awaits

A group of marijuana legalization advocates plan to hand out thousands of joints during President-elect Donald Trump's inauguration.

Pro-marijuana organization DCMJ will begin distributing the 4,200 joints at 8 a.m. on Jan. 20 on the west side of Dupont Circle. The participants will then walk to the National Mall.

At four minutes and 20 seconds into Trump's speech, DCMJ founder Adam Eidinger says protesters will light up.

He says the giveaway is legal as long as it's done on District of Columbia land. Those smoking on federal land risk arrest.

THE ASSOCIATED PRESS

EXCLUSIVELY OURS
CLARINS
Mademoiselle Gift

FREE: Choose one of three Mademoiselle gift collections that best represents your style with the purchase of two CLARINS products, one of which is skin care.
A VALUE OF UP TO $108*
January 4 to January 15, 2017.

Choose your gift:
Urban (shown), Glamour or Natural

Get more:
Receive a full-size 20 mL Eye Contour Gel, free with the purchase of one additional CLARINS skin care product.

SAVE $20
HUDSON'S BAY

Wednesday, January 4 to Sunday, January 8, 2017
HUDSON'S BAY CREDIT BONUS
Receive a $20 Savings Card with any CLARINS purchase of $75 or more when you use your Hudson's Bay MasterCard® or Hudson's Bay Credit Card.** *Exclusively ours*

HUDSON'S BAY

FREE SHIPPING AT THEBAY.COM ON BEAUTY ORDERS OF $45 OR MORE‡

Savings for all offers are off our regular prices, unless otherwise specified. *One gift to a customer, while quantities last. Values are based on our per mL and/or g price for regular-sized products. Skin care products include all face, body, sun and Clarins men's products. Also available at thebay.com. **Before taxes. While quantities last. Redeemable on your next purchase of $100 or more before taxes when you use your Hudson's Bay MasterCard or Hudson's Bay Credit Card between January 4 and January 15, 2017. Not redeemable on cosmetics or fragrance purchases. One card per transaction. Not to be combined with any other offer. Other exclusions apply. See store for details. Hudson's Bay, Hudson's Bay Credit, Hudson's Bay Rewards, hbc.com and their associated designs are trademarks of Hudson's Bay Company. **Credit is extended by Capital One Bank (Canada Branch).** Capital One is a registered trademark of Capital One Financial Corporation, used under license. MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated. ‡FREE SHIPPING: Receive free standard shipping on a total purchase amount of $45 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only.

Welcome to Canada

Canadian immigration applications could soon be assessed by computers

Ottawa is quietly working on a plan to use computers to assess immigration applications and make some of the decisions currently made by immigration officers, Torstar News Service has learned.

Since 2014, the Immigration Department has been developing what's known as a "predictive analytics" system, which would evaluate applications in a way that's similar to the work performed by officials today.

The plan — part of the government's modernization of a system plagued by backlogs and delays — is to use the technology to identify the merits of an immigration application, spot potential red flags for fraud and weigh all these factors to recommend whether an applicant should be accepted or refused.

At the moment, the focus of the project is on building processes that would distinguish between high-risk and low-risk applications, immigration officials said.

"Predictive analytics models are built by analyzing thousands of past applications and their outcomes. This allows the computer to 'learn' by detecting patterns in the data, in a manner analogous to how officers learn through the experience of processing applications," department spokeswoman Lindsay Wemp. "The goal is to improve client service and increase operational efficiency by reducing processing times while strengthening program integrity."

The project was approved by the former Conservative government cabinet in February 2013. Wemp said there is no firm timeline on when automated decisions might be a viable option.

"The novelty of the technology and the importance of getting it right make it imperative that we do not rush this project," she explained.

With the proliferation of artificial intelligence in people's day-to-day lives, from IBM's Watson (the supercomputer that defeated Jeopardy! champions) to Google's self-driving cars, immigration experts said they were not surprised by the move toward automation.

"This is the greatest change in immigration processing since the Internet. What requires weeks if not months to process would only take days with the new system. There are going to be cascades of savings in time and money," said immigration lawyer and policy analyst Richard Kurland.

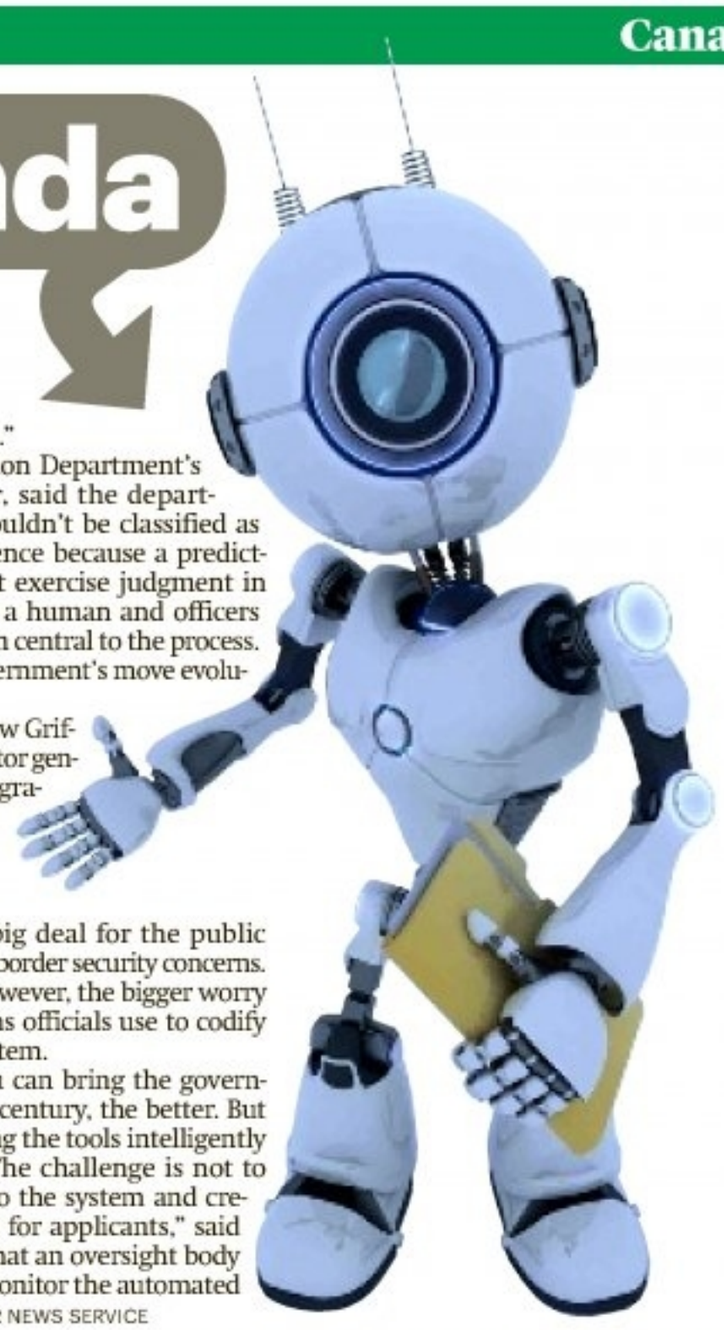
"A lot of countries have used predictive analytics as a tool but not for immigration processing. Canada Revenue Agency also uses the techniques to identify red flags. It uses artificial intelligence. It is decision-making by machines. The dividends of this exercise are huge."

The Immigration Department's Wemp, however, said the department's plans shouldn't be classified as artificial intelligence because a predictive model cannot exercise judgment in the same way as a human and officers will always remain central to the process.

Calling the government's move evolution rather than revolution, Andrew Griffith, a retired director general of the Immigration Department, said applying the technology to immigration processing is a big deal for the public mostly because of border security concerns.

For Griffith, however, the bigger worry is what algorithms officials use to codify the computer system.

"The more you can bring the government to the 21st century, the better. But we should be using the tools intelligently and efficiently. The challenge is not to embed biases into the system and create extra barriers for applicants," said Griffith, adding that an oversight body is warranted to monitor the automated decisions. TORSTAR NEWS SERVICE



CANADIAN KILLED

'I want him home'

The family of a Canadian killed fighting for Kurdish forces in Syria has launched an online campaign to bring his body home for a proper burial.

Nazzareno Tassone, 24, died Dec. 21 near Raqqa, Syria, according to a letter from the Kurdish People's Protection Unit (YPG), which hailed him as a hero.

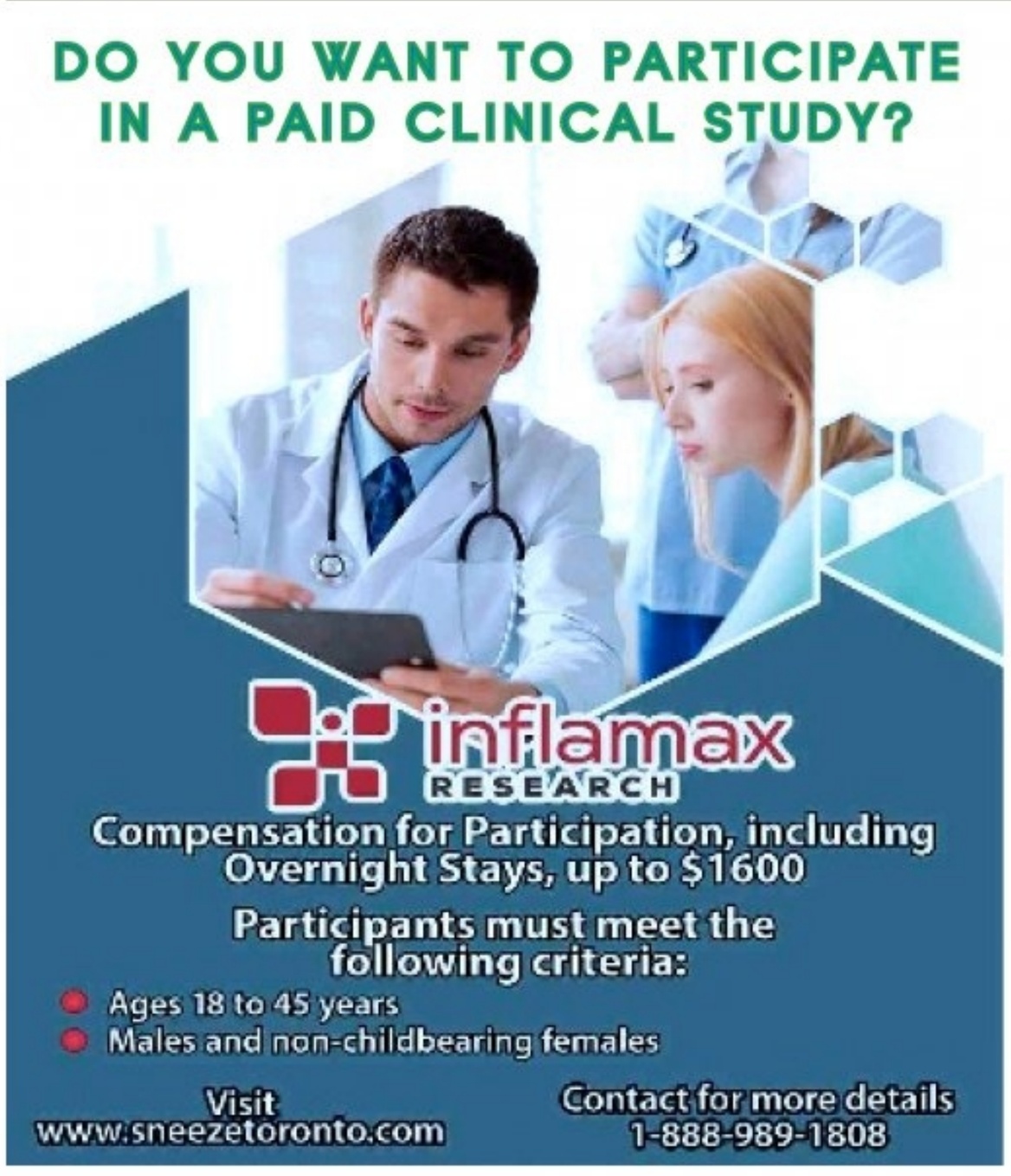
"The respected Tassone family lost their beloved son, and we The YPG lost our daring and courageous companion," the letter to his family said. The letter said his body is still in the hands of Daesh.

"I want him home because he's Canadian," said his sister, Giustina Tassone, 21. "Even though he's dead, he deserves proper treatment."

Tassone's family has launched a Facebook page called Bring Nazzareno Tassone Home.

TORSTAR NEWS SERVICE

Nazzareno Tassone FACEBOOK


DO YOU WANT TO PARTICIPATE IN A PAID CLINICAL STUDY?
inflamax RESEARCH
Compensation for Participation, including Overnight Stays, up to $1600
Participants must meet the following criteria:
Ages 18 to 45 years
Males and non-childbearing females
Visit www.sneezetoronto.com
Contact for more details 1-888-989-1808

Growing a wapato an arduous task

Jen St. Denis
Metro | Vancouver

Last April, members of the Katzie First Nation gathered on the rocky beach of Alouette Lake to do something they hadn't done in over 100 years. They were there to cook and eat wapato, a type of potato that had once been a staple of their diet.

"We cooked it plain, and everybody has said should we do this again they would like some butter, salt and garlic," said Debbie Miller, general manager of the Katzie Development Limited Partnership. "But the first one, we thought, needed to be clean."

Wapato bulbs. CONTRIBUTED

Recently published results of an archeological dig show that the Katzie were cultivating wapato near Pitt Meadows as far back as 3,800 years ago.

The evidence showed how the Katzie reused discarded cooking stones to prepare the wapato growing areas. The stones had been heated up in a fire and then used to boil water in watertight baskets; when they cracked, the Katzie used the stones to line the watery wapato fields. At first, Miller and other community members didn't recognize the plant. But it turned out, it had been growing in plain sight.

After trial and error, they were able to grow the wapato in enough quantity.

As for what the small wild potato tastes like? Some have described it as tasting a bit like asparagus or like the cob part of corn.

"It's not awful — but plain it's not very good," Miller said.

NOVA SCOTIA

Shootings underscore need for better veterans' services: Watchdog

Canada's military watchdog urged the federal government Wednesday to do more for soldiers forced out of the Canadian Forces for medical reasons after an Afghan war veteran and three family members were found shot dead in Nova Scotia.

Ombudsman Gary Walbourne wants Ottawa to ensure injured military personnel have all the necessary benefits and supports in place before they are forced to turn in their uniforms — recommendations he made back in the fall.

"There should be no member of the Canadian Armed Forces released until all benefits and services are in place," Walbourne said in an interview.

"That means pension, back benefits, health care."

Retired corporal Lionel Desmond, 33, was found dead Tuesday in a home in Upper Big Tracadie, N.S., from what appeared to be a self-inflicted gunshot wound, RCMP say. His wife Shanna Desmond, 31, their 10-year-old daughter Aaliyah and his mother Brenda Desmond, 52, also died of apparent gunshot wounds.

RCMP would not confirm outright that the deaths were a murder-suicide, saying the investigation is ongoing.

THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Thursday, January 5, 2017

ALEX GILL ON WHY WE NEED A THOUSAND MORE REINAS

Istanbul's Reina nightclub was (and is) a symbol of a future that is directly opposed to the extremists' divisive ideal of a polarized world.

The news of New Year's Eve attack on Istanbul's Reina nightclub was sadly not unique in 2016. Similar attacks happen seemingly every week in some part of the world. But Reina holds a personal significance for a number of Canadians and a growing network of young people across the globe.

Reina was one of the Istanbul venues that hosted hundreds of young entrepreneurs from around the world — including dozens of Canadians — during the 2015 G20 Young Entrepreneurs' Alliance Summit. The Alliance Secretariat is based in Toronto and traces its origins to the 2010 G20 summit in that city. Each year, the Alliance summit brings together young entrepreneurs to share ideas, build new relationships and talk about the world they want to create.

During my last visit to Reina, I talked with young people from countries as diverse as the U.S., Poland, Australia, Italy, Japan and Brazil about their ideas. I met young Turkish women and men who were hungry to meet others from around the world. I heard from Mexicans who were fighting government corruption, from Indians who were seeking connections in Europe and North America, from Saudis who wanted to help their society evolve in a new direction.

Find new ways to talk with each other. Build bridges across cultures. Enjoy life and dream of a better life for us and for others.

With the broad span of the Bosporus bridge arching overhead in the night sky, young people from incredibly different cultures and backgrounds met, danced and talked about their futures. It was a club full of optimism and music and dancing, fuelled by a belief that tomorrow would be better than today.

Victims of the New Year's Eve attack on Istanbul's Reina nightclub were merely out celebrating and enjoying life. AFP/GETTY IMAGES

The contrast between that happy memory and the grainy footage of the gunman walking through those same rooms on New Year's Eve could not be more pointed. Indiscriminately spraying bullets into the crowd. Returning to the fallen to shoot them again and again. Casually committing incredible violence against people who merely wanted to celebrate and enjoy life.

It would be too trite to say terrorists do this because "they hate our way of life." The reality is a bit more nuanced. Extremists of all stripes want a polarized world where the divide is clear between "us" and "them." The Reina that I and hundreds of others enjoyed represents a future that is directly opposed to that divisive ideal.

Our natural reaction in the face of such violence is to turn away from each other. To raise the level of our rhetoric. To introduce more barriers, more walls, more ways to isolate each other. But if we truly want to honour the more than 100 people who were killed or injured in that attack, we should redouble our efforts to do exactly what I saw young people doing in Reina during the G20 Young Entrepreneurs' Alliance Summit. Find new ways to talk with each other. Build bridges across cultures. Enjoy life and dream of a better life for us and for others.

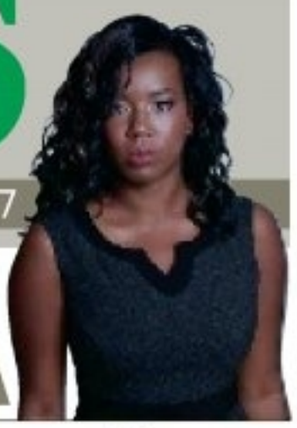
I was reminded of an incident in 2011, early in the history of our G20 group. Our French colleagues hosted a summit in Nice, bringing speakers such as Mohammed Yunus to challenge and inspire us at a time when Europe was beginning its fiscal crisis. One panel discussion featured French bankers, industrialists and others who were decidedly pessimistic about the future of Europe.

Yet the young people in the audience had other ideas. They talked about their dreams for a growing and confident Europe, one that could encourage more young people to travel and start companies no one had yet thought of. With a mixture of irritation and admiration, one of the panellists responded by saying "Oh, you young people and your enthusiasm!"

And that is the point. That is why we need a thousand Reinas across the world. That is why we need to encourage the bonds between people and cultures that only freedom, true personal and economic freedom, can help create. Because it is those new bonds that will show those who think problems are only solved through violence and walls that a better way is indeed possible.

Alex Gill is a Toronto-based social entrepreneur and activist who has moderated the G20 Young Entrepreneurs' Alliance since 2010.

VICKY MOCHAMA



Men are rebranding their activities — and women are helping

In the fight for equality, we haven't yet levelled the playing field when it comes to being sick.

Until now. When my body started heating up with a fever, I didn't realize I was making a feminist breakthrough. (I mostly realized I didn't have any medicine in the house.)

I don't just have any regular flu. I have manflu.

Manflu is when men are cold and have a lot of feelings about it, she says derisively. Actually, it's a pejorative used to describe how men behave when facing a mild illness like the common cold. There's an Internet meme that shows a woman in the middle of giving birth juxtaposed next to a man in bed with a thermometer in his mouth. The caption reads, "During labour, the pain is so great that a woman can almost imagine what a man feels like when he has a fever."

I know I'm afflicted with manflu because I have sent several all-caps texts to friends and family. At 1 a.m. in our family group chat, I may have sent a message about feeling like there are a thousand knives in my throat. I have claimed such despondency that my mother delivered a week's worth of food to my house. I lost my voice for two days and wrote, "I feel so powerless" on my bedroom mirror. No one of any gender has ever had a case of the flu this bad.

Because it's 2017 (a.k.a. the future) and I am a feminist, I can get anything a man can get. Including the flu virus and the attendant dramatics about it.

Feminism — if you squint hard at the fine print — says women can now do things that men have been doing for ages. For example: wearing pants. We do that now.

We also still wear skirts but that is because modern skirts have pockets — another feminist breakthrough.

But just as we're scaling the heights of gendered oppression, men are rebranding their special activities. You've seen it all over the place. Take a regular bar of soap and put it in a black box. Now it's 'guy soap.' That delicious light-with-hints-of-pear blush wine? Stick a motorcycle on the label, dudes: we're drinking brosé.

Being the wonderful creatures we are, women are helping with this branding effort. When a man explains a woman's expertise back to her, we don't call it patronizing, condescending and wholly unnecessary. We call it mansplaining. There are more variations: manterrupting (when men interrupt), manspreading (when men spread their legs), manboxing (OK, I made this one up but it means when a man is a box).

Naturally, the next step in the fight for equality will be when women take over being systematically rude.

I've done my part by contracting manflu. I did it for the cause.

metro
Your essential daily news
CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod
VICE PRESIDENT & EDITOR
Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout
MANAGING EDITOR TORONTO
Angela Mullins
ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
General phone 416-486-4900
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

metro LIFE

Your essential daily news

Calgary's Canada Boy Vinyl, one of the country's only vinyl pressing plants, is closing down

SELF HELP

Author says arguments can improve relationships

Dealing with opposition, be it from a bossy co-worker, a messy roommate or a nagging partner, is among the most stress-provoking experiences in life. In his new book, Resolve: Negotiating Life's Conflicts with Greater Confidence, Hal Movius argues that conflict actually produces beneficial outcomes and makes our relationships better — but only if it is dealt with wisely.

Offering tips to identify and handle tough negotiating tactics, secrets to managing (and maintaining) poise when emotions flare and mastering the art of conflict, Movius spoke with Torstar from Charlottesville, Va.

Why do you believe that becoming a better negotiator is a good new year's resolution?
One is that conflict is inevitable. We seem to be entering a time globally where there's more conflict in public and political life but, even if that weren't the case, to have relationships (and) to work effectively with others, we are going to encounter disagreements. Most of us improvise our way through it or avoid it. Thinking like a negotiator and learning key moves can help you to be more proactive and to normalize the idea that conflict is an overlooked opportunity.

Are there any pitfalls you see when people engage with conflict? What do you think we should be trying this year?
What I tried to do in the book is look at how each of us might fall prey to different pitfalls and how to use specific tactics to counter those but, if I had to generalize, I would say that people don't see how a conflict can become a negotiation. Seeing conflict as a part of leading a good life and an occasion for better outcomes rather than a headache would be the thing I would wish for most people to do. That's also what the research tells us: You can do conflict better but you have to treat it like other difficult tasks, or a practice that you develop over time. You don't just become a good tennis player or cook by having the sudden urge to do it — it takes work. There are ways of practising negotiation that makes you better.

Early in the book, you write that people don't see good negotiation modelled enough. So what does good negotiation look like, say, in a personal relationship?
Partners who have "good fights" tend to pick their moments. They don't push and say, "we need to talk about X right now" or start by insisting. The second thing is they start with a constructive frame and a specific complaint about a thing that happened and not a criticism about the character of the other person. Don't start an important conversation after a busy day or a few beers. Another tip is that, if you have to talk through something as a couple, it helps if you take a walk together instead of sitting across the kitchen table.

What about in the workplace?
Effective leaders, more than anything else, tend to imagine how the other side might see a situation and the issues. The big misconception in conflict is that you have to convince the other side that they have to care about the same things you do. What great negotiators do is ask a ton of questions at the front end about what the other party really cares about. If I can figure out what is most important to you and to me and notice those differences, I can craft a proposal that exploits them without just compromising.

You write that learning to navigate conflict within close relationships strengthens the bond. Can you explain?
So the first thing is that if I am not afraid to enter into conflict and I have a repertoire of helpful moves to navigate it, I'm more likely to get more of the things that I want while preserving the relationship I have. The second thing is that, if I learn about some of the pitfalls or the behaviours that aren't helpful I can learn to recognize them. When couples recognize those patterns, they can also then ask: "What can we do about it? " There are things we can do to contain conflict and steer the conversation in a direction that can take it away from the rocky places where we can do damage.

TORSTAR NEWS SERVICE

ISTOCK

Fight better this year

Conflict resolution tips if your plan for 2017 is to stop being a pushover

Cultivating curiosity about yourself and the other person is a powerful move.
Hal Movius, a psychologist and negotiation expert

Former Bachelorette Kaitlyn Bristowe. CONTRIBUTED

JOHANNA SCHNELLER WHAT I'M WATCHING

Networks chase their tail...then eat it

THE SHOW: Jimmy Kimmel Live!, Jan. 2, 2017 (ABC)
THE MOMENT: The Ouroboros

The actor Joel McHale, who mocked TV professionally when he hosted The Soup, is Kimmel's first guest. Kimmel asks him to comment on The Bachelor, which had its season premiere earlier that night (on ABC), with Bachelor Nick Viall.

McHale is scathing. He calls the show "a parade of unstable sluts trying to get a date." He says former Bachelor Jake Pavelka "looked like he should have starred in American Psycho." He demonstrates how both Jake and Nick talk while smiling. (It's creepy and hilarious.) Asked his favourite Bachelorette, he answers, "Kaitlyn, because there were like, five Kaitlyns."

"You mean the Kaitlyn [Bristowe] who's here tonight?" Kimmel asks.

"I don't care," McHale scoffs.

Kimmel's next guests are Bristowe and Viall. She rejected him in a prior season, so everyone anticipates awkwardness. But Bristowe wants only to diss McHale. She calls him a dick. "I saw you backstage," she says, "and guess what, I don't like you."

"Who knew when we invited you on," Kimmel asks, chuckling, "that all your anger would be directed at Joel McHale?"

Cable and streaming services are shredding network TV, and this is the networks' solution: to double down on themselves. On his ABC show, Kimmel hosts ABC stars who talk about other ABC shows; he'll also host the Oscars — on ABC. On Sunday night, NBC's Jimmy Fallon is hosting the Golden Globes on NBC.

They're all busily pretending TV is still a closed shop, and they still run it. They're the Ouroboros — the creature that eats its own tail.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

The books that you leave behind tell their own story

INTERVIEW

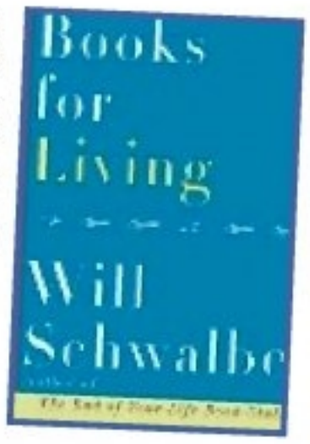
How an avid reader left a life portrait on his shelves

Sue Carter
For Metro Canada

Will Schwalbe had an old friend, who like himself, was a voracious collector of books, amassing thousands of volumes. Around the age of 70, this friend made a decision to keep exactly 100 titles in his possession — if he bought a new book, he would give away or donate another one off his shelves.

When he died a decade later, he left a quirky collection, one that Schwalbe describes as a remarkable portrait of a man who enjoyed travel, photography and martini culture.

"I love that idea that you can compose your autobiography not in words or sentences but in the books you chose to keep around and leave behind," says Schwalbe.



It is also fair to say that as a longtime New York publishing executive, Schwalbe, who is speaking at Toronto's Bluma Appel Salon on January 10, has built his own life story with words on pages.

As his mother was going through chemotherapy sessions, the two avid readers would share books to pass the time. Their discussions became the basis of his 2012 best-selling memoir The End of Your Life Book Club.

Schwalbe's new title, Books for Living, chronicles 26 titles that have a personal meaning or connection to various times in his life. Written in an informally chatty style, Schwalbe didn't intend to produce a definite list of the greatest books ever published, or even a collection of his favourite reads.

"These are 26 wonderful books that came to me at a time when I needed them and I think have something that will move, delight, instruct others," he says. "I hope at the end of this, I will have added to everyone's to-read pile, but also to look differently at the ways that books have impacted their lives."

The list is as eclectic and unexpected as the stories behind them. Reading Homer's The Odyssey under the tutelage of a demanding classics teacher showed Schwalbe that sometimes being mediocre is okay, and should even be embraced. Stuart Little, E.B. White's beloved children's book about a nattily attired boy-mouse, is a reminder to be as cheerful and optimistic as possible (and to "dress smartly.") Even Paula Hawkins' blockbuster thriller The Girl on the Train taught Schwalbe lessons about trust.

"I think there are wonderful things to be had from all sorts of different books," he says. "Some of the greatest experiences I've had have been with what people refer to as genre books. Pieces of wisdom from Jack Reacher novels have been as meaningful as gems I've found in the world's great poetry."

Like The End of Your Life Book Club, Books for Living also serves as a tribute to Schwalbe's loved ones, in particular his essay on Charles Dickens' David Copperfield, which he transforms into an emotional tribute to an old friend who died suddenly.

"One of the themes that I love grappling with and has been very important to me is what can we do for the dead," Schwalbe says. "We can read for them. We can read books that they loved, and books we think they would have loved. That's really a way of keeping them present in our lives."

Sue Carter is the editor at Quill & Quire magazine.

THE KARDASHIAN KOMEBACK KIM RETURNS TO SOCIAL MEDIA Kim Kardashian has made her long-awaited return to social media, three months after going silent in the wake of being held up at a Paris hotel. It's another example of a celebrity shunning media interviews post-controversy, instead controlling their own image through personal social media accounts. Kardashian posted pictures of her family, a video of her domestic life on YouTube, and this photo with the caption, "my son." INSTAGRAM/@KIMKARDASHIAN

AUTOBIOGRAPHY

Memoirist's heart soars in nature

Kyo Maclear was at a low point — shaken by her father's faltering health and feeling like she had a "broken part" — when she found uplift in an unlikely source: birds.

It was 2013 and Maclear's dad, the journalist and documentary filmmaker Michael Maclear, had recently suffered two strokes. As the children's author and novelist helped tend to her father in drab hospitals and rehabilitation facilities, she struggled to write (it seemed an "overly complicated, dubious effort"), found her solitary time fragmented by caretaking duties as both daughter and mother, and failed to find enduring distraction in art lessons or other outlets.

Then she watched Alan Zweig's documentary 15 Reasons to Live, which her composer husband was scoring, and found resonance in the story of Jack Breakfast, a Toronto musician who found unexpected peace photographing birds. Maclear arranged to meet the musician and soon a project took flight: she would shadow him on his birding sojourns for one year and document what she found.

"Maybe in my fantasy I'd like to be a grand expeditionary writer," Maclear said one morning recently from a booth in High Park's Grenadier Restaurant, "and this guy seemed to be doing grand expeditions in the city and seeing incredible things.

Kyo Maclear's memoir, Birds Art Life, is out now. TORSTAR

"It just seemed amazing, magical and spacious, and I didn't feel my life was very spacious at the time. I felt very squeezed and grounded in my life. I felt maybe that I wanted something transcendent. Birds gave me that."

The result of Maclear's year is her new memoir Birds Art Life, an incandescent exploration of beauty, inspiration, art, family and freedom that seems to leave no topic out of its binocular scope. The book shares obvious appeal to fans of Helen Macdonald's 2015 bestseller H is for Hawk.

It's worth pointing out that pre-existing bird knowledge is definitely not a prerequisite to reading Birds Art Life. Certainly, Maclear didn't know anything about birds before her yearlong aviary apprenticeship and she was perhaps an unlikely candidate for the pastime.

A lifelong city-dweller, Maclear was born in London and raised in Toronto.

When Maclear began her adventures in birding, though, she discovered nourishment in nature. She began to notice the beauty of the birds, their joyful music and the helpful level of patience the practice demanded.

As she scrutinized birds for the first time, she also took joy in their lack of "special regard for humans."

The book's reach is expansive, spanning philosophy, art, love and cities, specifically the importance of finding beauty in drab urbanity.

TORSTAR NEWS SERVICE

CONNECT WITH US AND YOU COULD WIN!

Enter today for your chance to win something beautiful and unexpected:

$1500 in pre-paid credit cards.

Go to:

metro Wonderlist.ca

No purchase necessary. Skill testing question required. Limit of one entry per person per day. Contest open to residents of Ontario, British Columbia, Alberta, Manitoba and Nova Scotia who have attained the age of eighteen (18) as of the start of the Contest Contest Period. One (1) Grand Prize to be won. Terms and Conditions Apply. The Contest Period begins at 1PM ET on December 21, 2016 and ends at 9am ET on January 5, 2017.

metro HOME

Your essential daily news

Lululemon founder Chip Wilson's Vancouver home now valued at more than $75 million

12"%

According to home improvement website Houzz, home renovations account for 12 per cent of couples considering divorcing.

Matthew Chung and his wife Gloria Chung go over renovation plans. Updating a home can put strain on a relationship, but with the right attitude and strategies you can overcome this, writes Matthew Chung. AARON HARRIS/TORSTAR NEWS SERVICE

Don't let a reno demo your love

RENO ROOKIE

Tips for keeping the peace with your partner

Matthew Chung
For Torstar News Service

For the past 24 months I've been trying to impress my wife, one adequately done renovation project at a time.

I'm married to a beautiful and talented woman who handles a power drill with confidence and can paint a wall with precision — which ratcheted up the pressure on me to be as proficient at renovating.

So I took the lead on do-it-yourself projects on our east-end home, a challenge to myself to learn new skills and prove to her I could fulfil a vague concept of what it means to be a grown-up. I imagined I'd get better with practice and hoped that my wife would view my mishit nails as a sort of love letter to her.

But I soon realized that we would have to look at those "love letters" for a very long time, and eventually even I would see them for the eyesores they were.

And with some projects lasting weeks, it would be naive to think I would tinker away by myself with the house in a constant state of construction, without needing the help of my wife.

In reality I've depended on my wife's input, assistance and sometimes her labour to get through renos and, when she isn't in the trenches with me, I look to her for reassurance that I'm not completely missing the mark.

> **To ensure resentment doesn't build up, you'll want to match your partner's work rate.**
> Matthew Chung

Apparently, renovating as a couple is not to be taken lightly — home renovations make 12 per cent of people consider divorce, according to a survey by home improvement website Houzz.

While the foundation of our relationship remains strong, I think we've had to develop strategies to minimize disagreements. Here are three suggestions I have for staying on your partner's good side during a project:

Give each other space

I've found my wife and I work best together when we have responsibility for our own part of the project.

For example, she measures and sketches out how to position the mouldings on the ceiling; I cut and nail them in place. Or I use the paint roller while she uses a brush to paint the trim (because the fine detail is not my strong suit).

This saves us from tripping over each other or debating the best way to do a task. Better yet, I'd suggest you try and convince/bribe a friend to lend a hand.

No guarantee you'll finish the job any faster or the result will be any better, but I do guarantee it'll put less strain on your relationship.

Keep yourself busy

To ensure resentment doesn't build up, you'll want to match your partner's work rate, even if the work you're doing isn't advancing the renovation project.

For instance, the Sunday afternoon my wife was figuring out the aforementioned ceiling mouldings, we agreed there wasn't much I could contribute. But rather than sit back and watch TV, I spent that afternoon doing our taxes, running loads of laundry and cooked us a meal so at least there'd be fewer tasks she might feel she had to pick up later.

Keep laughing

Renovating is hard and scary. Trying to see the humour in discovering there's a giant hole where you'd expect to find drywall or that none of your walls are square will go some way to keeping your partner in a good mood and ensuring that when, at the end of the day you put the tools back in the shed, you don't have to stay out there for the rest of the night.

Matthew Chung, 33, is a communications manager attempting to renovate his first house. You can follow his progress on Instagram @mjechung.

More saving.
More doing.

EXTENDED UNTIL SUNDAY, JANUARY 8, 2017.
BOXING WEEK PRICING AVAILABLE IN-STORE ONLY.

BOXING WEEK CONTINUES

All appliances are subject to an additional delivery fee♦

While quantities last. Sorry, no rain checks.
See below for details.[1]

ON APPLIANCES

SAVE $500
$1098♦
reg. $1598
GE PROFILE™ 6.2 Cu. Ft. Self-Clean Electric Range with Air Convection
MODEL PCB940SKSS (1001025468)

SAVE $300
$1398♦
reg. $1698
GE PROFILE™ 24.8 Cu. Ft. 33" Refrigerator with Internal Dispenser
MODEL PNE25JSKSS (1001002650)

GE PROFILE™

SAVE $200
$698♦
reg. $898
GE PROFILE™ Dishwasher
MODEL PDT660SSFSS (1000817748)

♦Delivery fee applies starting at $49.98 plus applicable taxes. Appliances available through Special Order, direct-to-home delivery only. Restrictions and additional charges may apply. Ask in-store or call 1-800-668-2266 for details.

OUR PRICE GUARANTEE

Find a lower regular or advertised price... we'll beat it by 10%.

See below for details.***

***Our Price Guarantee. Find a lower regular or advertised price... **we'll BEAT it by 10%. Terms:** This Price Guarantee applies to identical In-Stock items at The Home Depot retail location you visit. No Special Orders (with the exception of Special Order appliances only) or rain checks. This guarantee does not apply to competitor online prices or offers. Applies to everyday and sale pricing. The Home Depot reserves the right to verify the price and availability of the product at the local competitor location before honouring this offer. Price confirmation from a competitor must be presented to The Home Depot during the effective dates of the competitor's flyer. This Price Guarantee excludes typographical or other errors, free offers, gifts with purchase, gift cards, gift certificates, rebates, clearance or close-out prices, credit or financing programs, used, damaged, returned, open box or display merchandise, bid pricing, volume discounts, Special Orders (other than appliances), sales tax, online purchases, delivery or assembly services, labour, installation, and products and services furnished by our Installation Services. Discount applied before taxes and environmental stewardship fees or other levies, if applicable. We reserve the right to limit quantities to an amount reasonable for a residential homeowner. This Price Guarantee cannot be combined with any other offer. Prices valid until Sunday, January 8, 2017. [1]**Offer valid at The Home Depot Canada.** Not valid in combination with any other offer. Some exceptions may apply. Selection varies by store and quantities are limited. Offer valid to Canadian residents only. No substitutions or rain checks. See store associate or Special Services Desk for details or visit homedepot.ca. **We reserve the right** to limit quantities to the amount reasonable for homeowners and our regular contractor customers. ©2017, Home Depot International, Inc. All rights reserved. ®Registered trademark of Home Depot International, Inc. Used under license.

©2017, Home Depot International, Inc. • 01/17 • FW-49

metro SPORTS

"We're a group of businessmen": A win Thursday in Washington will give John Tortorella and the Blue Jackets a share of the NHL's longest streak (17)

Hart leads Canada to gold-medal game

WORLD JUNIORS

Goaltender comes off bench to spark host team

Anthony Cirelli had a goal and an assist and subbed-in goalie Carter Hart made 28 saves as Canada downed Sweden 5-2 in a semifinal at the world junior hockey championship on Wednesday night.

Julien Gauthier, with two, Mitchell Stephens and Dylan Strome also scored for Canada.

Canada will face the United States in the final on Thursday night while the Swedes will play in the bronze-medal game against Russia.

Sweden is in danger of being shut out of the medals for a third straight year. Canada lost 3-1 to the Americans in group stage play on Dec. 31.

Joel Eriksson Ek and Carl Grundstrom had goals as Sweden scored on two of three shots on Canadian starting goalie Connor Ingram, who was replaced by Hart only 8:05 into the game. The home side battled back and emerged from the first period tied 2-2.

Eriksson Ek scored shorthanded at 6:05 with a wrist shot on a rush down his off wing but Stephens got it back when he banged in the rebound of Cirelli's wraparound attempt at 7:43.

Grundstrom lost control of the puck on a drive to the net but saw it slide under Ingram at 8:05.

Canada goaltender Carter Hart makes a save on Sweden's Tim Soderlund on Wednesday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

SEMIFINAL In Montreal

5	2

But Grundstrom was the goat as he took a cross-checking penalty while Sweden was on a power play and Cirelli beat Felix Sandstrom with a high shot through a screen at 18:49.

Canada charged out for the second period and got a goal from sheer pressure as Gauthier poked at Sandstrom's pad and the puck went in at 12:02.

Strome scored from the left circle with the teams each down a man at 7:38 of the third to give Canada a two-goal cushion.

Sweden had pulled Sandstrom for an extra attacker when Rasmus Dahlin gave up the puck at the blue line and Gauthier scored into the empty net at 18:02.

THE CANADIAN PRESS

USA A-OK

Terry shines in shootout

- Troy Terry scored the winner in the seventh round of a shootout as the United States defeated Russia 4-3 in Wednesday's other semifinal.
- Terry took three shootout attempts for the U.S. and scored five-hole on all three.

TRACK AND FIELD

Star Olympian couple hang 'em up

Brianne Theisen-Eaton and Ashton Eaton GETTY IMAGES

Canadian Olympic heptathlon medallist Brianne Theisen-Eaton and her American husband Ashton Eaton are retiring.

The decision comes five months after Theisen-Eaton won bronze at the Rio Olympics, and Ashton captured gold in the decathlon.

Track and field's super couple, who met while competing for the University of Oregon and married in July of 2013, announced their decision on their social media accounts, and side-by-side essays on their website.

"The past 8 years have been truly awesome," the two said via their Instagram account @weareeaton. "Getting to do something that we love everyday and going after our dreams has given us so much fulfillment in our lives.

"But now we are ready to move on to the next thing, the next passion and the next chapter of our lives. We're retiring from track and field. Thank you for sharing the journey with us!"

THE ASSOCIATED PRESS

NFL WILD-CARD GAME

QB Cook to get 1st ever start in playoffs

Connor Cook GETTY IMAGES FILE

The Oakland Raiders are going with rookie Connor Cook at quarterback in their wild-card game against the Texans.

Cook gets the nod with Pro Bowler Derek Carr out with a broken leg and backup Matt McGloin nursing a shoulder injury that could make it tough for him to practice enough before Saturday's game at Houston. Cook will be the first quarterback ever to make his first career start in the post-season.

Despite appearing in just one game as a rookie, the Raiders (12-4) say Cook showed some "swagger" when he replaced McGloin in the second quarter on Sunday in Denver, and has their confidence heading into the game against the Texans (9-7) because of what they've seen all year.

"It's obviously not ideal, that's why it's never happened where a rookie gets his start in a playoff game," Raiders coach Del Rio said on a conference call Wednesday. "Healthiest option so it makes it really an obvious choice."

THE ASSOCIATED PRESS

MLB

Encarnacion finalizing deal with Cleveland

The reigning American League champions are set to start the new year with a power surge.

One win from a World Series title last season, the Cleveland Indians are set to finalize a $65-million, three-year contract with free agent slugger Edwin Encarnacion.

Encarnacion, who has averaged 39 homers over the past five seasons, took a physical on Wednesday, one of the final steps to complete a deal agreed upon before Christmas. The team announced a news conference for Thursday at Progressive Field with president Chris Antonetti "regarding a potential new member of the organization."

Cleveland aggressively pursued Encarnacion, who also was sought by big-market clubs. Encarnacion hit 42 homers and drove in 127 runs last season for the Toronto Blue Jays, who lost to the Indians in the AL Championship Series.

Edwin Encarnacion GETTY IMAGES

Encarnacion's agreement is the largest in club history, surpassing a 2007 deal with Travis Hafner that added $57 million in guaranteed money through 2012 and a $56-million, four-year contract with free agent Nick Swisher ahead of the 2013 season.

Cleveland is hoping Encarnacion can lead the franchise to its first Series title since 1948.

Encarnacion, who turns 34 on Saturday, hit 193 homers over the past five years and has connected for 310 in his big league career. THE ASSOCIATED PRESS

IN BRIEF

Fins QB Tannehill unlikely to return for wild-card game

Quarterback Ryan Tannehill sat out the Miami Dolphins' practice Wednesday, making it unlikely he'll return from a left knee injury for the team's playoff game Sunday at Pittsburgh.

Tannehill has missed the past three games with a strained MCL and ACL. Ten-year veteran Matt Moore, who is 2-1 as Tannehill's replacement, is expected to make his first career post-season start.

THE ASSOCIATED PRESS

Butler ends Villanova's 20-game winning streak

Kethan Savage scored five of his 13 points during a decisive seven-point run to give No. 18 Butler a 66-58 victory over No. 1 Villanova on Wednesday night, ending the Wildcats' 20-game winning streak.

Butler (13-2) improved to 4-0 against ranked opponents this season and extended its home winning streak to 12 games by beating a top-ranked team for the second time in school history. THE ASSOCIATED PRESS

Alli undoes Blues' streak

Dele Alli puts hosts Tottenham up 2-0 on Chelsea in the 54th minute on Tuesday. IKIMAGES/AFP/GETTY IMAGES

PREMIER LEAGUE

Tottenham the toast of London after ensuring English intrigue

Dele Alli underlined his growing reputation by single-handedly ending Chelsea's 13-match winning run Wednesday, scoring two headed goals to give Tottenham a 2-0 victory over the Premier League leaders.

The defence has been the bedrock of Chelsea's three-month hot streak but Alli was gifted space to score carbon copy goals in each half at White Hart Lane after meeting crosses from Christian Eriksen.

By taking his tally to seven goals in four games, the 20-year-old Alli inflicted Chelsea's first loss since its last trip to north London at Arsenal in September and prevented the Blues from earning a league record 14th successive win in a single season.

"This league is very tough," Chelsea manager Antonio Conte said. "Now it's important to restart. After 13 wins in a row it's difficult to accept defeat."

Chelsea still leads Liverpool by five points but Tottenham is now only seven points behind in third after a fifth successive victory.

"It's a big statement for us but we are happy to stay under the radar," said Alli.

Conte established the winning run that sent Chelsea to the summit after switching to a three-man defence to stem the tide of goals in a 3-0 first half collapse at Arsenal.

But the defence is now leaking goals, conceding four in the last two matches after only letting in two in the previous 12. Tottenham matched Chelsea's formation and restricted Conte's side, while proving more cohesive and solid at the back.

Alli was described by manager Mauricio Pochettino as the "most important player to emerge in English football in recent years." Signed from third-tier club MK Dons two years ago for 5 million pounds (then $8 million US), Alli lived up to his manager's exalted praise. THE ASSOCIATED PRESS

> **It was a good chance for us and we wasted it.**
> Chelsea manager Antonio Conte

DIVISION TABLE

	GP	W-D-L	Pts.
Chelsea	20	16-1-3	49
Liverpool	20	13-5-2	44
Tottenham	20	12-6-2	42
Man City	20	13-3-4	42
Arsenal	20	12-5-3	41
Man United	20	11-6-3	39
Everton	20	8-6-6	30
West Brom	20	8-5-7	29
Bournemouth	20	7-4-9	25
Southampton	20	6-6-8	24
Stoke City	20	6-6-8	24
Burnley	20	7-2-11	23
West Ham	20	6-4-10	22
Watford	20	6-4-10	22
Leicester	20	5-6-9	21
Middlesbrough	20	4-7-9	19
Crys. Palace	20	4-4-12	16
Sunderland	20	4-3-13	15
Swansea	20	4-3-13	15
Hull City	20	3-4-13	13

Champions League
Europa League
Relegation

COPA DEL REY

James happy to help Real

James Rodriguez made the most of a rare start for Real Madrid on Wednesday, scoring twice in a convincing 3-0 win over Sevilla in a first-leg match in the Copa del Rey's Round of 16.

James Rodriguez GETTY IMAGES

Less than a month after he called for more playing time and said he might leave the club if things didn't change, the Colombian got to start at the Bernabeu. And his performance showed Rodriguez believes he should still be considered for a place in Zinedine Zidane's regular starting lineup.

"Obviously we all want to play," Rodriguez said. "We all go through bad moments, but this is like a new beginning for me. I'm staying, I'm staying in Madrid."

He opened the scoring with his left-foot in the 11th minute, and netted his second on a penalty just before halftime.

THE ASSOCIATED PRESS

Matsuyama looks to keep rolling in '17

GOLF

Japanese star recalls celebrating banner year

Unbeatable at the end of the year, Hideki Matsuyama went home to Japan and nearly met his match.

His father.

"It was close," Matsuyama said, laughing as the translation was given in English.

No score was revealed, though none was necessary.

Matsuyama wrapped up his third straight victory in the Bahamas by holding off British Open champion Henrik Stenson, and then he headed home to spend time with family and friends. He had what he described as a "fair share" of sake to celebrate his best year — no one had more than his five victories worldwide — that elevated him to No. 6 in the world and into the elite of golf.

5

The number of tournaments Matsuyama won last season.

Still, nothing topped the time he spent with his father, Mikio Matsuyama.

"My father, when he played a lot, he was probably a plus-2," Matsuyama said, referring to his father's handicap index. "We hadn't played for probably 10 years together. My father hadn't even played golf for probably a year. So this past off-season, we were able to play. It was special."

The tales of fathers and sons in golf go back as far as Old Tom Morris and Young Tom Morris, and the bond with the Matsuyamas is special. Mikio Matsuyama introduced his son to golf, taught him the fundamentals and remains the only coach he ever had. He rarely travels with him except for the big tournaments, though he was there when his son won the Japan Open.

There wasn't much to teach during their time in Japan. Matsuyama was the hottest player in golf at the end of the year, winning four of his last five tournaments while playing in four countries. Matsuyama will try to make it four straight victories in the SBS Tournament of Champions beginning Thursday.

THE ASSOCIATED PRESS

Hideki Matsuyama takes aim at his fourth straight win this weekend at the SBS Tournament of Champions.

MATT YORK/THE ASSOCIATED PRESS

To advertise contact Ian March at 416-443-4388 Service Directory | metro

FINANCIAL

GET OUT OF DEBT!
CALL The Licensed Debt Professionals™
DAVID SKLAR & ASSOCIATES INC.
Proposal Administrators • Financial Counsellors • Licensed Insolvency Trustee
• Reduce & Consolidate Your Debt Into 1 Low Monthly Payment
• Avoid Bankruptcy!
• Stop Collection Calls, Interest Charges, Garnishments, Tax Debts & Lawsuits
• Government Licensed
Free Consultation
310-9200
HEAD OFFICE: 240 Fairview Mall Drive, Suite 720, Toronto, ON, M2J 4T1
www.DavidSklar.com | DAVID SKLAR, CPA, CIRP, LIT

STOP COLLECTION CALLS
GET DEBT RELIEF NOW!
CALL ERIKA
(LICENSED DEBT EXPERT)
Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.
1-877-332-8416
416-288-8048
Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)
Rusinek & Associates Inc Licensed Insolvency Trustee www.rusinek.ca

shed the debt®
for pennies on the dollar
credit cards • tax arrears • student loans
wage and bank garnishments
call 1-855-541-5114
for fast friendly debt relief anywhere in Ontario
free meeting, no obligation
evening and Saturday appointments
Goldhar®
www.shedthedebt.ca
Goldhar & Associates Ltd. Licensed Insolvency Trustee

UP TO $1000 Loan
No credit checks
Paid over 3 to 5 months
No documents to return
Instant approval
1-800-NEW-CREDIT (639-2733)
Brokers Lamina

$750 Loan and more
No credit check
Open 7 days from 8 to 8 (EST)
1-855-527-4368
credit700.ca
Call us or apply online
www.credit700.ca

LOWEST RATES for bad credit loans since1984
What would you do with $20,000?
PFS
✓College Tuition?
✓Home Renovation?
✓Wedding?
✓Travel?
You decide.
Paid off car 6 years or newer?
Borrow up to $20,000 the same day!
416-634-2013 *Call for details and conditions
BorrowWithYourCar.com
A division of Prudent Financial Services

metro Spiritualist Forum To advertise contact Ian March at 416-443-4388

Renuka Devi Astrologer & Psychic
PANDIT: RAVI SHANKAR
Palm Reading, Face Reading, Patra Reading & Photo Reading
MASTER BRINGS BACK LOVED ONES
An Expert Pandit Tells Past, Present & Future, Solves Problems like Love, Money, Job, Sickness, Business, Court, Enemy, Jadoo Children, Marriage, Black Magic, Obeya etc. QUICK RESULTS
IF YOU HAVE PROBLEMS, I HAVE 100% GUARANTEED SOLUTIONS
647-632-4625 867 Albion Rd, Etobicoke M9V 1A6. Upstairs SHAWARMA ROYAL, Next to ROTI ROTI (ALBION & ISLINGTON)

SPIRITUALIST FROM ANCIENT INDIA
Master: KASHI
I CAN HANDLE ANY PROBLEM:
Love * Marriage * Kids
Education * Business* Job
Money * Health * Sexual
Family Prob * Enemy*Court
500 YEARS TRADITIONAL
100% Removal of Black Magic, Jadoo, Obeya, Vodoo, & Gives Full Protection
Special Protection to People over 50 Years
647-720-6311 1069 Dundas St W Mississauga
www.kashiastrologer.com L5C 1C3 (DUNDAS & ERINDALE)

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
Mortgage Genie
www.mortgagegenie.org
416-667-9834

EMPLOYMENT

NOW HIRING GENERAL LABOURER
Good wages & benefits
Apply in person
130 Commissioners St., Toronto
No phone calls please

MAKE IT TONIGHT

Sweet and savoury Chinese Five Spice Chicken Tray Bake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We love the pairing of sweet and savoury Chinese 5-Spice alongside garlic and sweetly roasted onions.

Ready in 20 minutes
Prep time: 1 hour
Cook time: 20 minutes
Serves 4

Ingredients
- 3 Tbsp olive oil, plus extra for onions
- 4 to 5 garlic cloves, pressed
- 1 Tbsp rice vinegar
- 1 Tbsp brown sugar
- 1 tsp Chinese 5-spice
- 1/2 tsp salt
- 6 large skinless, boneless chicken thighs
- 2 onions, peeled and sliced
- 1 tsp fresh chopped cilantro

Directions

1. Combine olive oil, garlic, rice vinegar, brown sugar, 5-spice and salt in a large resealable plastic bag. Add chicken thighs; seal and coat chicken with sauce. Chill at least 1 hour or overnight.

2. Preheat oven to 400. Slice and coat onion in a bit of olive oil. Spray baking sheet with non-stick cooking spray. Scatter onion slices on baking sheet.

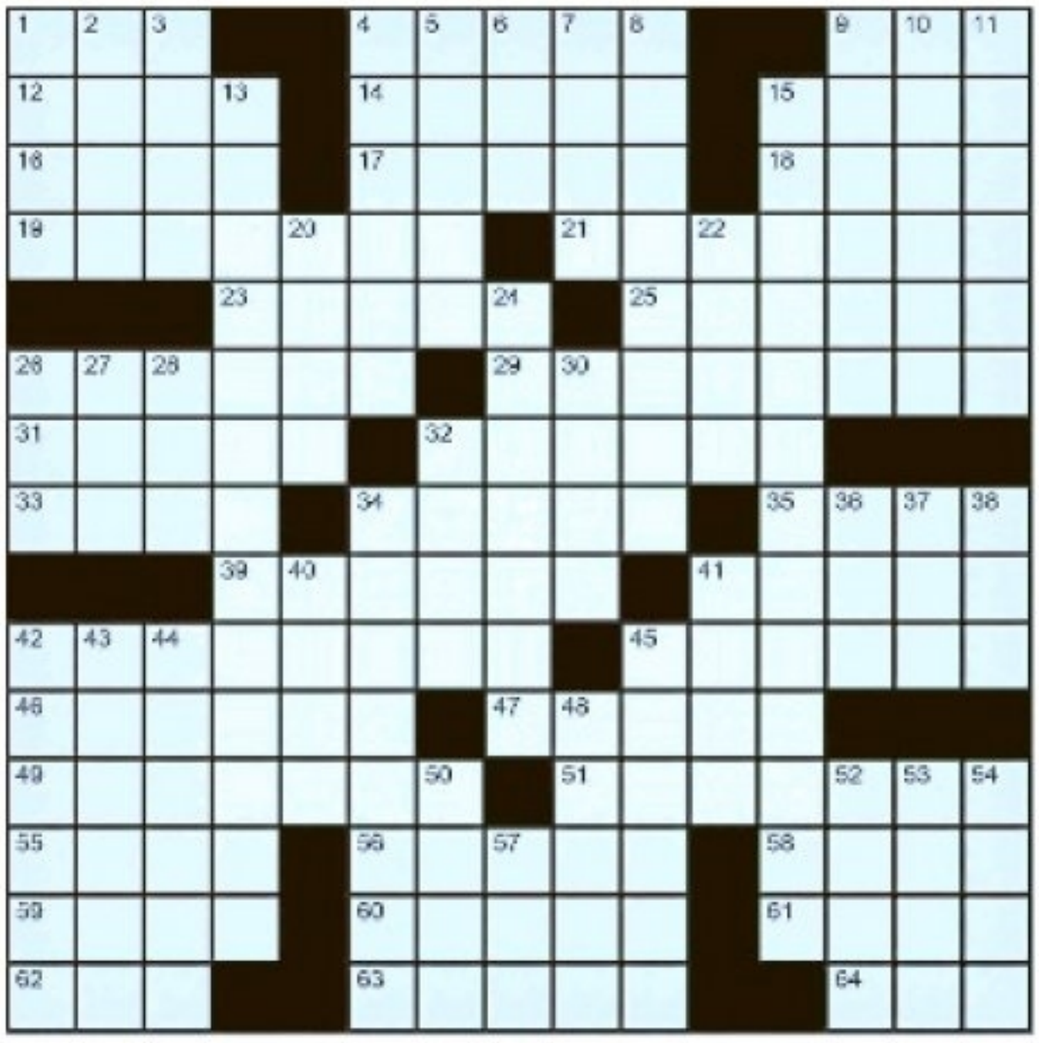
3. Remove chicken from refrigerator and arrange on top of onion. Roast until chicken is cooked through, about 20 minutes.

4. Remove tray from oven and let cool for a few minutes. Sprinkle chicken and onion with cilantro and serve warm.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Backwards boiling-ly brewed beverage
4. Wooden strips
9. Round shape, for short
12. Travel, like a tributary
14. _ rate monitor
15. Additional
16. Canadian singer Mr. Vannelli
17. Ms. O'Donnell
18. Characters' selves
19. Follicles fastener
21. "Dripsody": Hugh _ _ (Canadian physicist/composer/electronic music instruments designer, b.1914 - d.1977)
23. Fermented milk product
25. Younger actress sister of Canadian silent film star Mary Pickford
26. Buoyant
29. _-_ brakes
31. Holier-than-thou
32. Peter of "My Favorite Year" (1982)
33. Writer's work
34. Deuce-ace
35. Browse the Web
39. Ontario village sharing the name of Shakespeare's 'Two Gentlemen' play
41. Someone saying "Shameful."
42. Flourishing
45. Ms. Anderson
46. Directed
47. Room, in Rimouski
49. Venerated
51. Alberta hamlet sharing the name of a Sir of the Round Table
55. Buckeye State
56. "You can't be serious?!": 2 wds.
58. Variety
59. Grannies
60. Humdrum
61. New Brunswick's motto: _ Reduxit (Hope restored)
62. Pastureland parent
63. Filled
64. Prefix to 'Clean' (Infomercial product)

DOWN
1. Kabul's country, briefly
2. Director Mr. Kazan
3. Dancer/singer Ms. Basil
4. Short _ (Curt brush-off)
5. Q. "What's novelist Mr. Uris' first name?" A. "_, _ think."
6. Some batteries
7. Three-book-set, tiny-ly
8. Worky boot feature: 2 wds.
9. _ ergo sum (I think therefore I am)
10. 'Jagged Little Pill' hit
11. Look for again
13. Fitness industry products: 2 wds.
15. Vegetarian's almost-like-the-real-thing purchases, perhaps: 2 wds.
20. Particular pulses
22. Spiral shape
24. TV exec's interest
26. Pertinent
27. Part of a Giant's holler!
28. Brunch offering
30. Songstress Ms. Hendryx
32. "_ _ the other hand..."
34. Weapons for 'net fighter' Gladiators known as Retiarii
36. Baby guitar
37. Protestant, e.g.
38. Monk's title
40. Hardly _ (Rarely)
41. High
42. Queen's chair
43. Buck Owens/Roy Clark variety show: 2 wds.
44. Valley
45. Didn't sit on the bench at the game
48. Quartz variety
50. "_ the Explorer"
52. Prefix to 'allergenic'
53. Peak
54. Ms. Lovato
57. Stand-up's gift

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you feel headstrong and passionate about something today, you cannot predict how this day will unfold. But it's safe to say that you will have detours and interruptions.

Taurus April 21 - May 21
This is a friendly and social time for you, which is why you are intrigued by someone who is different or from another culture. A casual friendship might heat up into something cozy.

Gemini May 22 - June 21
A friend might surprise you today. Or possibly, you will meet someone who is a real character. In any event, it's not a boring day.

Cancer June 22 - July 23
A discussion with a boss or parental figure will surprise you today. Whatever happens, do not be hasty — and do not quit your day job.

Leo July 24 - Aug. 23
Travel plans might be detoured, delayed or cancelled today. Be ready for anything, because interruptions are par for the course.

Virgo Aug. 24 - Sept. 23
Double-check financial matters with your bank and anything to do with taxes and debt today, because something unexpected might be brewing. Don't be caught off guard.

Libra Sept. 24 - Oct. 23
A close friend or partner likely will say or do something that surprises you today. Keep a lighthearted point of view. Humour always puts perspective on things

Scorpio Oct. 24 - Nov. 22
Computer glitches, staff shortages and cancelled appointments are just some of the surprises that will interrupt your routine at work. Don't make a big deal about things.

Sagittarius Nov. 23 - Dec. 21
A surprise invitation to a social event might come your way. Conversely, social plans might be changed. It could be anything, which means you have to be ready to go with the flow.

Capricorn Dec. 22 - Jan. 20
Your home routine will be interrupted today, perhaps because of a discussion with a parent or a female relative. Be wise and remain cool.

Aquarius Jan. 21 - Feb. 19
Pay attention to everything you say and do today in order to prevent doing anything you later regret. An ounce of prevention is worth a pound of cure.

Pisces
Feb. 20 - March 20
Keep an eye on your money and possessions today to prevent loss or theft. Something unpredictable might happen. The upside is that you might find money or something you previously lost.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

					2	6	8	7
			1				3	5
				8				2
	7		2					1
		8		5		9		
5					9		2	
1				4				
3	8				1			
9	2	6	8					

©2016 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

6	1	2	9	4	3	7	5	8
7	4	5	2	8	6	3	9	1
8	3	9	7	1	5	4	6	2
1	5	8	6	9	4	2	3	7
2	9	4	3	5	7	1	8	6
3	7	6	8	2	1	5	4	9
5	6	7	1	3	9	8	2	4
4	8	1	5	6	2	9	7	3
9	2	3	4	7	8	6	1	5

comwave®
Bundle

2 Great Services... 1 Low Price!

High-Speed Internet & Home Phone

$49.95/MONTH

+ applicable taxes

Monthly 911 fee of $1.45 not included

6 MONTHS FREE HOME PHONE

When you transfer your number to Comwave, on a 3 year term

FREE Installation and Equipment Rental

Over $240 in savings!

2017
Happy New Year!
Why Make the Switch?
Comwave offers the following features...
1. Keep your existing phone number[1]
2. Unlimited local calling
3. Voicemail, caller ID, call waiting
4. Download Speed - Up to 6 MBSP
5. Upload Speed - Up to 800 KBPS
6. Data Usage - 75 GB[2]

CALL TODAY!

1-866-840-2894

comwave®

Find us on & comwave.net

[1]Service not available everywhere. Monthly local loop Access Fee of $5.95 (if needed) is not included. A one-time activation fee of $59.95 applies. Shipping fees applies. [2]A rate of 25 cents per GB will be charged if usage exceeds the plan's monthly data limit. [3]Unlimited Data Usage is governed by our Fair Usage policy. VoIP 911 has certain limitations. **Details at comwave.net**.